

# OKYEAME

September 21, 2006

American Embassy,  
Accra

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CLO  
Office Hours

Mon-Thurs  
8am-4pm

Fri  
8:00 am-12:00pm

*If you have news,  
classified, suggestions,  
letters,  
restaurant reviews etc.  
for the Okyeame,  
please write to the Editor,  
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Deadline Monday 5pm

Please let us know what you  
would like to see in the  
Okyeame. Your suggestions,  
criticism and story ideas are  
most welcome!

## Lectures to mark 97th Birthday of Dr. Nkrumah



Tarkwa, Sept 19, GNA - Mr. Samuel G. Etroo, Western Regional Chairman of the Convention Peoples Party (CPP) has outlined a programme for the celebration of the 97th birthday of Osagyefo Dr. Kwame Nkrumah, First President of Ghana.

He said the theme for the celebration was "50 years on: wither now? Speaking to the Ghana News Agency in an interview at Tarkwa on Sunday, Mr Etroo said party members would converge in Takoradi on September 21. This would be preceded by the pouring of libation and a wreath laying ceremony at Nkrumah's former mausoleum at Nkroful his hometown. Mr Etroo said in the afternoon symposiums and lectures would be held at the Melody Hotel in Takoradi.

He said Dr. Edmond Delle, National Chairman, Professor E. A. Afari, Senior Lecturer, Legon, Mr. Kojo Armah, the Member of Parliament Evalue-Gwira and Dr Nii Moi Thompson, an economist, would be at the symposium.

The rest are Mr. Bright Akwetey, a lawyer, Dr. Esuah Kwesi and Dr Kweku Sarfo, an international economic development consultant. Dr. Sarfo said the celebration was meant to re-awaken people's interests in the laudable achievements of Dr. Nkrumah for Ghana and Africa as a whole.

**Francis Nwia Kofie Nkrumah**, who later became known as Osagyefo Dr. Kwame Nkrumah was the son of a goldsmith. He was born on **21st September 1909** in the village of Nkroful.

The *Okyeame* is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. *Okyeame* is a Twi word meaning linguist, or chief's spokesperson.



Lake Volta (located at 6°30' N 0°0' E) is **the largest artificial lake in the world**, lying in Ghana and covering almost 8,500 km<sup>2</sup> (3,275 square miles), with a storage capacity of 124,000,000 acre-feet (153,000,000,000 cubic m). At the Full Supply Level (FSL) of 278 feet, the Volta Lake holds over 150,000 million m<sup>3</sup> of water. Its northernmost point is at the town of Yapei, and southernmost at the Akosombo Dam, 520 kilometers downstream. The Akosombo Dam holds back the White Volta River and the Black Volta River. These two rivers formerly converged to form the Volta River; this river now flows from the dam to the Atlantic Ocean. The lake was formed in 1957 when the Akosombo Dam was built.

The Akosombo Dam is a hydroelectric dam in southeastern Ghana. The dam provides electricity to Ghana and surrounding West African countries. The dam is 660 meters wide and 114 meters high. It was built between 1961 and 1965. The dam was created under the name of the Volta River Project which was undertaken by the Ghanaian government and funded in part by the International Bank of Reconstruction and Development (World Bank), the United States and the United Kingdom. Construction was begun in 1961, and the water began to flow into Lake Volta in 1964. The lake submerged nearly 740 villages and displaced about 80,000 people, along with two hundred thousand animals belonging to them. Two thousand fetishes had to be propitiated and 120 church buildings were destroyed. Approximately 70,000 were moved into newly constructed settlements, which were supposed to have small concrete houses, services such as schools and wells, and mechanized agriculture. Most of the settlements had major problems though, including poor design, inadequate water supply, slow clearance of farmland and poor soil. Within four years the majority of the people had resettled elsewhere. Cases of water-related diseases, such as schistosomiasis, bilharzia and malaria were increased near the reservoir. Meanwhile there was reduction and elimination of other diseases such as Onchocerciasis in some areas. With the flooding of the Kpong and other rapids, most of the breeding grounds for the Simulium damnosum, the vector of River Blindness (Onchocerciasis) have been destroyed. Malaria is endemic in Ghana and the mosquito vector breeds in the lake shores. Another important disease found in the area before inundation is Sleeping Sickness or Trypanosomiasis whose vector is the tsetse fly. With the flooding of the forest habitat of the Tsetse fly, the vector of this disease, the problem of Sleeping Sickness has been substantially reduced.

The construction of the Akosombo dam was intended to encourage the establishment of new industries, stimulate agricultural development, and to provide opportunities for fishing and increased water transportation. The hydroelectric power produced by the dam was supposed to provide a reliable source of energy for large industries as well as export power to Togo and Benin, but in the early 1980's and early 1990's, very low water levels due to drought brought a halt to energy exports and interrupted industrial production. In periods of drought, the water in Lake Volta is rationed and less electricity is generated. During these times, cities in Ghana are subjected to rolling blackouts to lessen their consumption of electricity. Ghana's Volta River Authority has contracts with neighboring countries for electricity. These contracts are given higher priority than the customers in Ghana's own cities, and there are frequently problems collecting payment.

The lake was expected to provide water for irrigation treatments, but agriculture in the resettlement areas remains marginal, with the only irrigation projects being taken by farmers on a small scale. The lake may in fact hindered transportation and trade between northeastern and southern Ghana. Attempts to develop water transportation have had few results. Fishing has been more successful, although only 10% of the country's fish consumption comes from Lake Volta. From: The World Commission on Dams website <http://www.dams.org/> and Wikipedia Free Online Encyclopedia [http://en.wikipedia.org/wiki/Lake\\_Volta](http://en.wikipedia.org/wiki/Lake_Volta)



## Sí Soy Vegetariana: Yes, I'm a Vegetarian

By Nichole M. Martinson



"Nicholasa, you're going to have a hard time in Spain with the food," one Spaniard told me. "Why are you going to Spain? You know they eat nothing but meat," an American friend inquired. "You'll at least try the *jamón*, right?" "?!? Ham?!?"

**News flash:** Ham has just joined chicken on the international list of not-meat meats. I wasn't even two hours out of the United States when the challenge and confusion around my not eating meat started to take shape. My vegetarian specialty meal was chucked like a shotput onto my tray; so much for the friendly skies. We're all painfully aware that airplane cuisine is the worst on the planet, but that didn't excuse the bland, overcooked, non-flavored meal set before me. I'll give Iberia Airlines credit for not widening my thighs with fattening dairy products and sugar, but no meat does not mean no taste. I had conducted basic research on Spanish life and cuisine, trying to prepare myself for food-related situations by engaging in vocabulary calisthenics and memorizing food terms so I would know what I could and could not consume. I learned that I would have some trouble procuring food from a grocery store on Sundays, since Spaniards take their day of rest seriously. Store closures for daily siestas, ranging sometime between 2 and 6 p.m., might also prove to be problematic.

Upon my arrival, however, it didn't take more than 24 hours for me to fully comprehend how much the Spaniards truly and deeply love their meat. Meat of all kinds was on display in storefronts and at markets, and giant legs of ham rested on the kitchen counters of friends' families. Bar after bar, bistro after bistro, restaurante after restaurante, it was more than apparent that Spaniards not only love meat, but meat stuffed in meat, maybe wrapped in some more meat served on some bread. For example, they put calamari in a sandwich. *Jamón*, of course, was made into a sandwich, and though not meat, even the *tortilla española*, a potato omelet, found its way onto some bread. Dining out can be an intimidating and overwhelming experience for the vegetarian. You don't want to insult your host or friends by being too obviously careful that the prized *jamón* does not cross your lips - maybe you eat around it or slyly remove it from the course at hand. You want to make sure you don't order something with meat in it, verifying with the *camarero* that yes, to me, vegetarian means no *jamón* will be mixed in the dish or sprinkled on top.

Yet even when that hurdle is overcome, what sensitive vegetarian can escape the spirits of the multitudes of deceased piggies whose 50, 60, maybe even 70 *jamón* legs are dangling from hooks overhead? You can feel the death. Okay, that may be a bit dramatic, but even an *amigo madrileño* admitted the sight was initially disturbing to unseasoned meat eaters, let alone vegetarians. In the same breath he had to add, however, that the first person to run screaming from the arena at a bullfight is always an American. I think Americans might be considered a wee bit wimpy by the descendants of the conquistadors. Sitting down to a meal is of great importance in Spain. You don't rush, and rarely are things *para llevar*, to go. I can easily spend one and a half to two hours over a platter of *paella de verduras*, vegetable paella, while my carnivorous friends tear into their favorite fleshy food products. The vegetables, the rice and the saffron are all delicious, but the flavors are secure enough to take a backseat to the time spent with friends, not dominating the palate, the conversation or the occasion, but contributing to the total experience.

Contrary to popular belief, Spanish food does not reflect the passion and fire often associated with the people, not spicy like many of our Latino favorites, but more a hearty, country approach to the native foods of the region. Bordering France and Portugal and looking to neighbors across the Strait of Gibraltar and the Mediterranean, Spain's cuisine reflects influences from several cultures, with emphasis on Mediterranean and Middle Eastern flavors. Luckily, being from San Francisco and New York, I too am flavorfully influenced from many cultures. With touches of turmeric, scoshes of cumin, pepperings of paprika and of course, saffron, complemented by the old faithfuls of garlic, oregano, salt and pepper, I have found plenty of tasty treats in Spain, providing they are sans meat, of course. Like those in New York, eating establishments in Spain tend to be small, with tables quite intimately situated to each other. No matter how nosey you don't want to be, sometimes you just can't help but covet - or simply inspect - your neighbor's meal. As plates are placed before me, subtle side glances more often than not ensue, and then within minutes comes the usual comment from the neighboring table, "You're a vegetarian?" Not wanting to get into lengthy descriptions of food allergies, preferences and issues, in the land where meat is king, the inevitable answer accompanied by a guilty shrug is: "Yes." The usual questions follow: "Why?"



## *Sí Soy Vegetariana: Yes, I'm a Vegetarian*

Cont.



"What brought this on?" An ocean removed from the United States' carb-counting, fad-diet ways: "How do you get your protein?" Finally, of course, "What do you eat?" What do I eat? Please recall the other items on your plate, while considering the plethora of choices such as *garbanzos con espinacas*, Garbanzos with Spinach; *pimientos rojos*, Stuffed Red Peppers; *arroz con setas*, Rice with Mushrooms; *verduras a la plancha*, grilled vegetables and much, much more.

"But you've tried the *jamon de serrano*, right?" No. Ham, like chicken, is not a vegetable! Nor is it a grain or legume for that matter. Unfortunately, that little detail slipped the minds of some friends as they welcomed me to join them for a New Year's feast. They were kind to point out the vegetarian dishes - or actually, in contrast, the non-vegetarian dishes - before everyone began to devour the courses on the table. Grilled vegetables slide down the throat, mushroom pastries leap off their plates into our eagerly-awaiting mouths, asparagus wrapped in a lattice-style dough and crustinis topped with a tomato tapanade accent our plates. A hearty onion and bell pepper focaccia sits front and center, calling all who gaze upon it to take a slice - so I do. The Spanish flavors fill my mouth. Wait, what's this? I slowly stop chewing and force a swallow as I covertly inspect what lies beneath the vegetable mélange. Oh no! It's thin slices of *jamon* serving as a carnivorous platform to hold the grilled vegetables to the bread. If only I had known, I would have removed the pork product from my portion, but now the whole dish is a loss.

My hosts had the best of intentions and probably went out of their way to make sure there were meatless dishes, but vegetarianism, while making inroads in many cultures, is still a foreign, almost paralyzing, concept in the country where *jamon de serrano* was born. Maybe it's time, I think, to initiate the inexperienced into the ways of meatless cuisine with products created in my kitchen. Buying groceries seems simple enough, but with limited knowledge of the language, a common run to the store becomes a complex cultural exchange. Finding individual ingredients is easy, as stores in Spain, while often smaller, are laid out similarly to their American counterparts. Dry goods, canned goods, bakery items, cheese and dairy items and freezer sections line the aisles. There's a butcher counter, but luckily I don't need to stop there, and of course, the fruit and vegetable displays.

Combing the aisles, I realize I do more label reading than I'd thought, as I become unsure whether my Spanish coffee has been fortified with vitamins and minerals - or maybe that's just the cookies? Is that bag of Lay's chips really *jamon* flavored? If it looks like yogurt and is in the dairy case, it's probably, hopefully, yogurt - and how cute, lunch-sized boxes of wine! - we definitely don't have these back home. I confidently approach the produce stands and stride around them like a vulture circling its prey. Unlike independent vegetable stands, at some grocery stores you can select your own produce. Grab your bag and dig in while avoiding the looks shooting at you like daggers from other shoppers. Sorry, I didn't see the sign that said touching the fruit is only permitted when wearing gloves. That little faux pas corrected, it's time to head to the checkout.

The defiant flick of the plastic bag toward my already scanned food is the subtle message that we bag our own groceries here. I'm told the price, I pay, I am given the receipt, but I am perplexed by my missing produce sitting dejected near the cashier, just out of reach. Lessons learned: 1) wear gloves when touching all produce, 2) bag your own groceries, and 3) weigh and price your own produce or it won't be included at checkout.

The harrowing trips to gather groceries all became worthwhile, however, after I cooked and shared a vegetarian feast *con mis amigos españoles* and was paid the ultimate compliment: "That's some tasty vegetarian food. I never knew it could taste so good."

Food is a vital part of the international experience, the process of adjusting to a new country and environment. For a vegetarian, this means navigating and adapting your ways to a new food culture. *Sí soy vegetariana*; yes, I'm a vegetarian. However, I did not starve, and I was not banished from society. I survived in succulent Spain, *carne* and all. *Buen Provecho!*

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**STREP THROAT**

**Its back to school season, and kids will start coming home with sore throats. Could it be strep? Here is some helpful information on Strep Throat.**

**What is Strep Throat? What are the Signs of Strep Throat?** Strep throat is an infection caused by bacteria. It is called "strep" because the bacteria that causes the infection is called Streptococcus. Adults with strep throat may have a sore throat, a fever and swollen neck glands. They usually don't have a cough or a runny nose. Children with strep throat have a sore throat and may have tummy pain or a red rash with small spots. The rash is worse under the arms and in skin creases.

**Should all Sore Throats be Treated with Antibiotics?** No. Not every sore throat is strep throat. Bacteria only cause about 5% to 10% of sore throats. The rest are caused by viruses or other problems, and antibiotics will not help. Your health care provider can do a test to make sure it is strep throat.

**What Tests can tell I have Strep Throat?** Your health care provider may use a test called the rapid strep test. For this test, the doctor/nurse practitioner uses a long cotton swab to take some material from the back of your throat. The results of this test can be ready in about 15 minutes. Your doctor/nurse practitioner may also do a culture of the throat material. A sample of the throat material is sent to a laboratory. This test is called a throat culture. It takes more than 24 hours to learn the results of a strep culture. The rapid strep test and the culture can tell if you have strep throat. If something else is causing your sore throat, these tests do not tell what it is.

**How is Strep Throat Treated?** Your doctor or nurse practitioner may give you or your child an antibiotic. Antibiotics kill bacteria, which helps strep throat go away a little faster. It can also prevent a few rare but serious conditions that people with strep throat might get. It is important to take all of the medicine your doctor gives you.

**Can other People Catch my Strep Throat?** Yes. You can give the infection to other people until you have been treated with an antibiotic for 1 to 3 days. Children with strep throat should not go back to school or day care until their fever has gone away and they have taken an antibiotic for at least 24 hours.

**Can people get Strep Throat from their Pets?**

This could happen, but it is very rare.

**What can make my sore throat feel better?**

Here are some things that might help you feel better:

Taking ibuprofen (brand names: Advil, Motrin, Nuprin) or acetaminophen (brand name: Tylenol). Children should not take aspirin. Aspirin can cause Reyes syndrome -a serious illness- and in some cases, death when it is used in children under 18 who have the flu. Gargling with warm salt water (1/4 teaspoon of salt in 1 cup [8 ounces] of warm water).

For adults and older children, sucking on throat lozenges, hard candy or pieces of ice.

Eating soft foods, drinking cool drinks or warm liquids or sucking on Popsicles. *From: American Family Physician Christine Rada FSHP*

**EMERGENCY NUMBERS**

**Ambulance: Dial 193**  
**Association of Ghana (PPAG): Dial 233-21-306104**  
**Fire Service: Dial 192**

**Police: Dial 233-27-522288 Planned Parent**  
**Police (Emergency) 233-27-522299**  
<http://www.ghanacityguide.com/index.html>



## Pet Care In Accra *Anal Sac Impaction*



When your dog “scoots” or rubs its rear end across the floor it most likely isn’t due to worms. Dogs “scoot” when their anal sacs are uncomfortable. Anal glands and anal sacs are part of normal canine anatomy. Every canid from wolves to Chihuahuas have them. Anal glands are scent glands located inside a dog’s anal opening, which produce a strong-smelling, oily secretion. Anal sacs are located between the internal and external anal sphincters (sphincters are the muscles that allow the dog to keep stool in the rectum until it is time to pass) and store this secretion for territory marking.

The anal sacs empty through 2 openings located on the left and right sides of the dog’s anus. When the anus is stretched as stool is passed, the sphincter muscles squeeze the anal sacs and force the contents onto the surface of the stool. When dogs greet each other with familiar sniffing, the secretion from the anal glands is what they are smelling. Anal sacs vary in size based on the breed of dog Obviously, a St. Bernard will have larger anal sacs than a Pomeranian, but generally healthy anal sacs range in size from a pea to a kidney bean. Problems occur when the sacs get blocked, impacted, and becomes too full . If the contents of the anal sacs are not emptied on a regular basis during the act of passing stool, the normally liquid contents become very thick and plug the openings of the anal sacs. The impacted glands can cause discomfort or worse they can get infected resulting in an abscess. Fluid from a normal anal sac does NOT have a pleasant smell, but if infected the smell can be overwhelmingly bad. To ensure that the anal sacs are emptying properly, have them checked on a regular basis.

This is a simple and painless procedure that should be included in a complete physical exam. If the glands are full they can be easily emptied while the contents are still fluid. It becomes more difficult to empty the anal sacs when the contents begin to thicken. If you are unsure if your dog needs their anal sacs emptied, watch their behavior. Dogs with impacted anal glands will often scoot their rump, or they may look, lick, and/or bite at their anus. What predisposes some dogs to anal sac abscesses is unknown. Dogs that are very obese tend to have more problems than physically fit dogs. This may be due to fat skin folds blocking the pores and preventing them from draining; or because it’s difficult for the obese dog to groom itself and encourage natural drainage. If your dog repeatedly develops anal sac abscesses the sacs can be removed surgically. Anal glands and anal sacs are not usually discussed when people talk about their pets. They are however a part of your dog and as a responsible owner its your job to recognize when your dog is having a problem. Early treatment is best and avoiding an abscess will make you and your dog much happier!

### Tips for Conserving Power

**Turn** the lights off whenever you leave the room. **Turn off** your computer at night, its better for the computer too. **Turn** the air conditioner off or set the temperature higher at night. Of course, the Ghana alternative to this is only run the air conditioner in rooms you are in when you are in them! **Set** the temperature at 28 during the day when you are away so the compressor doesn’t run so often. This will keep the fan on and keep your house fresh without using so much power. Whenever the temperature allows, **use fans** instead of AC, as this uses considerably less power. **Cooking with the microwave** heats the house less than the oven and requires less AC to cool the kitchen. **Bake** in the early morning or after dark, when the cooler evening air can help cool your kitchen. **Keep** your freezer full and check that the door is sealing tight. Frozen items keep each other cold and reduce the amount of time that the compressor has to run. **Presoak** your laundry for 15 minutes, *then* let them agitate in the washer for 5 minutes instead of using longer cycles. (It actually can get your clothes cleaner than using longer washer cycles.)

# AROUND TOWN

**North American Women's Association** promotes friendship among North American women, and between North American & Ghanaian women. Also fundraising for Ghanaian charities, especially those focused on women & children. Meetings start at **6:30 pm** with food and fellowship and the business meeting will follow, at the Coconut Regency Hotel behind Immigration. Their book *No More Worries* can also be found at [www.noworriesghana.com](http://www.noworriesghana.com) For more info go to [www.nawaghana.com](http://www.nawaghana.com) or call Carol Pietryk tel. 0242-108273 or email at [jcpietryk@yahoo.ca](mailto:jcpietryk@yahoo.ca).

**Ghana International Women's Club** Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

**Ghana Bead Society** Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Alliance Française** Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

**American Chamber of Commerce** promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: [amchamgh@ghana.com](mailto:amchamgh@ghana.com); Website: [www.amcham\\_africa.org](http://www.amcham_africa.org). Located at Hse #C609/3 5th Crescent St, Asylum Down.

**Scottish Country Dancing The Caledonian Society of Ghana:** Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail [caledonianghana@yahoo.co.uk](mailto:caledonianghana@yahoo.co.uk)

**Accragio**, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm

- 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

**The International Players** The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Bunko** is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at [edhrncir@hotmail.com](mailto:edhrncir@hotmail.com).

**Theater Mirrors.** A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

**Ghana National Theatre** Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

**Friends of Bill W.** Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

**Happy Hour** Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

**Hash House Harriers (Accra)** The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm sharp departure. Location varies. Contact [ac-crahhh@yahoo.com](mailto:ac-crahhh@yahoo.com) for details.

**Hash House Harriers (Tema)** is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at [frank.davis@valcotema.com](mailto:frank.davis@valcotema.com) or call 020-201-1525 for information on directions to starting point.

**Duplicate Bridge** group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)

**Pick-up Basketball** Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For additional information, please contact Ted Lawrence ([tlawrence@usaid.gov](mailto:tlawrence@usaid.gov)) or Rob Clausen ([rclausen@usaid.gov](mailto:rclausen@usaid.gov)). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

**Mom/Dad & Tots** (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

**Taekwondo** at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

**Frisky's International Film Buff Club** views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

**Free Meditation!!** Each Wed at 11 a.m. and Thurs at 6 p.m. At the GMCKS Pranic Healing Center, 1<sup>st</sup> floor, Pyramid House, Ring Road central (Next to Alitalia). Website: [www.pranichealing.org](http://www.pranichealing.org) Phone: 021 270162 Services offered: Healing, Courses and Meditations

**International Spouses Association of Ghana (ISAG)** Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email [isag@ighmail.com](mailto:isag@ighmail.com)

**The Accra Tema Yacht Club (ATYC)** is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact [dmcallagy@gmail.com](mailto:dmcallagy@gmail.com) -or- [Duncan.macnicol@asc-gh.com](mailto:Duncan.macnicol@asc-gh.com)

**African American Association of Ghana (AAAG).** General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or [sankofaaaag@yahoo.com](mailto:sankofaaaag@yahoo.com)

# Community News and Events

## Women in Progress

An NGO based in Cape Coast, we offer 1/2 day cultural workshops:

- Batiking
- Drumming/Dancing
- Ghanaian Cuisine
- Fishing Village Excursion

Just call a few days in advance to book a workshop [042-36883 or 0242-342-361]. Combine your weekend with a cultural workshop!

## Donations ALWAYS Needed!

Books, educational materials, children's furniture or toys that your kids have outgrown are needed by a Ghanaian nursery. Contact Judy Francis, at 024-4327-424 or 021-775-348

## Maternal Instincts: Preparation for Birth and Early Parenthood

A UK Trained Midwife and her Physiotherapist friend are running prenatal classes for pregnant Mums and Dads using breathing and relaxation techniques. Sarah also supports Mums in the delivery room until birth of the baby. She does daily home visits to check Mum and Baby for the 1<sup>st</sup> week after delivery. For more information: Call 0244 666 296 or 0244 329 689.

Prenatal /parentcraft classes or postnatal home visit Tel 0244 666 296 email [maternalin@yahoo.co.uk](mailto:maternalin@yahoo.co.uk)

**INTERNATIONAL DAY OF PEACE - Thursday, September 21, 2006** Designated by the United Nations General Assembly as a 24-hour vigil for global peace to prevail through prayer for peace by all men, women and children in the world.

## YOGA!!

Yoga now meets Monday night at 7pm in Tasneem's tranquil garden setting. Call Peace on 775348 ext. 4277 or 024-4226079 to join the class!

## LES MERCREDIS DE LA PAILLOTE

(Wednesdays at cool hut) This program takes place every Wednesday at Alliance Française from 8 p.m.

**Admission** is free for members and \$5,000 for non-members. Go online for current events at:

[www.alliancefrancaiseghana.com](http://www.alliancefrancaiseghana.com)

## Looking for a way to help?

**Volunteer at an Eco-Village!** XOFA Eco-Village ([www.xofa.org](http://www.xofa.org)) is looking for volunteers to work at their site in the Volta

Region. The project consists of a large mango farm and an eco-tourist lodge, set in a flowering, peaceful and breezy location on the shores of Lake Volta. XOFA is seeking any adventurous and responsible volunteer who is willing to work hand-in-hand with the Ghanaian staff to maintain the eco-tourism project while the owners will be traveling abroad. XOFA will provide free accommodation for long-term volunteers. For additional information, please contact Amy at 0277-516-222 or email [info@xofa.org](mailto:info@xofa.org)

## Do You Know a Fascinating Person?

The Okyeame is interested in Ghanaians and Americans who are doing special and interesting things. If you know someone you think is truly amazing, email Mikelle at: [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). THANKS

**Room available** in apartment above Bywel's Bar, Osu. Rent \$150/month. Available 1-6 months. Contact [jill\\_schnoebelen@yahoo.com](mailto:jill_schnoebelen@yahoo.com) for more information.



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## WANTED

**Nanny** wanted for one-year old in Labone. Hours are 7 am till 5 pm and possible Saturday mornings. Must have experience with toddlers and have own accommodation. First aid training preferred. Please call 0244 325 982 for more information. (1)

**SEEKING** urgently an apartment or room for a young couple working at French Embassy. Available for from mid-September until the end of February. If interested, or know anyone who might be, contact James @21 45 50 or email: [james.dickson@diplomatie.gouv.fr](mailto:james.dickson@diplomatie.gouv.fr) [ckson@diplomatie.gouv.fr](mailto:ckson@diplomatie.gouv.fr) (2)

**Wanted:** English language tutor for private lessons and practice. Native British or American/Canadian only. Please contact Gwenaël at 0244 334 915. (3)

## SEEKING EMPLOYMENT

**Babysitter:** USAID Intern, free weeknights after 5:30pm (Friday 1pm) and weekends for babysitting. Experience with children of all ages, especially toddlers and infants. Refs. Avail. Contact Megan Mager at 024.641.2249 [meganma@gwu.edu](mailto:meganma@gwu.edu).

**Nanny or Housekeeper** - Available Immediately. Excellent qualifications and experience as a nanny to young children. Has worked for numerous expatriate families of different nationalities in Ghana and Togo. Meticulous housekeeper and skilled in grooming and exercising dogs. Contact Mercy 027-708-0803 (2)

**Nanny or Housekeeper** - Available Immediately. Excellent qualifications and experience as a nanny to young children. Has worked for numerous expatriate families of different nationalities in Ghana and Togo. Meticulous housekeeper and skilled in grooming and exercising dogs. Contact Mercy 027-708-0803 (2)

**Ambrose** is an eager young man seeking employment as a secretary or to do odd jobs. Despite limited work experience, he has necessary skills and language to be successful and easy to work with and a lot of potential. I highly recommend him. Please call Jane 0243-201069 in the evenings or late afternoon for more information. (2)

**JOB ANNOUNCEMENT:** The Peace Corps in Ghana is seeking to hire a full-time medical officer (PCMO)

**Duties:** The Peace Corps Medical Officer provides clinical care, counseling and health education to 140 Peace Corps Volunteers throughout Ghana. The position is based at the Peace Corps office in Accra. On call Duties and travel within rural Ghana will be required. A detailed position description is available upon request by contacting the Peace Corps Office in Accra.

**Qualifications:** Applicant must have training and experience as a Nurse Practitioner or Physician's Assistant or equivalent; be fluent in English; possess excellent organizational and administrative skills necessary to manage all aspects of a small health clinic and ability to train adults in health issues; have a demonstrated ability to work in a stressful, fast-paced work environment; have computer, e-mail and Internet skills. At least five years of work experience in a professional clinical practice is required. Training and, or, work experience in Western Europe or the U.S. is desirable. Applicants must possess required work and, or residency permits for employment in Ghana. The successful candidate must undergo security clearance by the US Embassy.

**Applications** should include a cover letter in English, detailed CV Giving motivation and interest in the position, present employment and responsibilities, references, three letters of recommendation (at least one medical), educational certificates and licenses. Only finalists will be contacted. Interviews will take place on October 10 and 11, 2006. Reply by post to: Country Director, Peace Corps, P. O. Box 5796, Accra-North, or hand-delivered to the Peace Corps office 26 W. Cantonments Road (Switchback Lane), Cantonments, or by e-mail to [jobs@gh.peacecorps.gov](mailto:jobs@gh.peacecorps.gov) Telephone 21-775-984. Applications must contain all required documents and be received in the Peace Corps in Accra office by **September 29, 2006**.

## ENG. TEACHER WANTED URGENTLY FOR 2 MONTHS (OCT-NOV)

**ProCredit** Holding is engaged in 19 financial institutions with almost 400 branches operating in transition economies and developing countries in Africa, Latin America and Eastern Europe. ProCredit Savings & Loans Company Limited Ghana is a non-bank financial institution designed to provide financial services to micro- and small enterprises in Ghana.

For the African academy, we are looking for an English teacher, preferably American or European native to teach English. However, most urgently, we are looking for three more people to teach English for two months October/November to a group of approx. for about 5 hours every day from 8:00 a.m to 1:00 p.m. They do not have to be professional teachers with certificates. Volunteers and tourists are also welcome to call or apply. Please do not hesitate to contact me on **024 3824 260 for any clarification on the subject matter or e-mail at: [m.odong@procredit.com.gh](mailto:m.odong@procredit.com.gh)**

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## SEEKING EMPLOYMENT contd.

**Cook:** Comfort Voemawor, available after September 22. She is "mature" (58 years old) and serious. Can follow recipes and bakes all of our bread (whole wheat, but she can do any kind, including magnificent cinnamon rolls, dinner rolls, cornbread, etc). She can cook any kind of food and keeps a recipe collection on which she constantly builds. Comfort has never missed a day of work in the almost three years she has been with us. Comfort lived in the first year she worked for us, but now lives close by. We have used Comfort primarily as a cook, but in previous positions she has performed cooking and housekeeping duties. Call 021-778-424 before September 22.(2)

**Peter Kombat:** Available after September 22, Peter will be available part-time (Monday, Wednesday, Friday). Another USAID family employs him the other part of the time and can also tell you about his work. He is WONDERFUL. He has transformed our yard. He knows how to grow things, knows the different plants, what grows well where, etc. I haven't spent any money on getting all of our beautiful flowers in the yard because Peter finds cuttings and grows gorgeous plants from them. In addition to his gardening expertise, he is handy with bikes, wonderful with kids (and kitty cats), and has a driving license (although we don't ask him to drive). He is extremely nice, honest, and very hard working. Call 021-778-424 before September 22. (2)

**Housekeeper/Nanny:** Ruth Asigbetse available after September 22. She is extremely reliable. She cleans the house well and doesn't need to be reminded about anything. She asks how you like things done and adapts when you want to change routine. She is very loving with our daughter and takes care of our cat as well. She is active and plays with our daughter, talks to her all the time, etc., and frequently entertains a gaggle of children at our place. She can do some cooking as well, but we've never asked her to do much. Ruth is very pleasant and completely honest. Works with our cook to set up and serve for frequent entertainment. She lives in during the week and goes home on weekends, but that's negotiable. Call 021-778-424 before September 22. (2)

## VEHICLES FOR SALE

**1997 Toyota 4Runner**, dark green, tan colored leather interior, automatic, 5-door, low mileage (56,000), brand new top of the line tires, etc. Car in VERY good shape, regularly maintained by a good mechanic. A box or two of parts as well—air filters, oil filters, fuel filters, spark plugs, windshield wipers, etc., would go to the buyer. \$10,500/best reasonable offer. U.S. dollars only. Call 0244-311-927. (2)

### 2001 Nissan Pathfinder SE 4WD

-V6 Engine, 250hp 49,500 miles  
-Excellent Condition, Power Locks, Windows, Mirrors  
-Driver and Front Passenger Airbags 3 CD changer  
-Duty Not Paid, Price \$16,000. If interested, please call Mitchell at 0277-565-594 (3)

**Volvo S40 2003**, black leather seats, AC, airbags, power steering, electric windows & doors, alarmed, fully loaded, low mileage, duty paid REDUCED \$18,000 Call 020 813-6962

**2003 Volvo S40** Saloon car, black leather seats, AC, airbags, alarmed, power steering, AM/FM stereo, power doors and locks. Fully loaded, low mileage \$20,000. Duty paid. Call 020 813-6962 (3)

**Car for Sale Peugeot 306 HDI** Station Wagon, 2000-model, 73.000 km (50.000 of which in Germany), only used in Accra, all kinds of extras, extremely fuel efficient, serviced regularly. Asking price Dollar 7.500.- (or equivalent) or highest bidder. Taxes not paid. Mobile: 020-2013161, Office: 021-772471 & 772687. Email: [fes-ghana@myzipnet.com](mailto:fes-ghana@myzipnet.com) (3)

**Toyota Corolla Model CE** (this is the top of the line model). Year: 2001 with 35,000 miles. Power windows and doors, A/C, radio/tape/CD deck, automatic transmission. In excellent condition. Recently serviced and with brand new tires. Four doors, color - black. Asking \$5,650. Duty not paid. Please call 0244-311-262. (2)

**CDs for Sale** Peace Corps Volunteer and musician Tonya Stephenson, who lives and works in a small community near Bolgatanga, is selling CDs to support the Tengzug Youth Choir. The choir, which was formed in 2005, has 15 girls and boys ages 12-16. Proceeds from the sale of the CDs will provide support for the choir members to attend Senior Secondary School. The songs are in Talan (local language), Frafra, Zulu, and English. If you are interested in purchasing a CD and helping to support this worthy project you can contact Mary Jordan (spouse of Karl Field) at 0243 833 010. (3)

**Hyundai Galloper II 4WD turbo intercooler**, 2.5L diesel engine, 7 seater, manual transmission. ABS (anti-lock braking system), AC, CD+Radio cassette player, Driver & front passenger airbags, Power steering Power brakes, Central door locking system, Front grill guard, Reinforced suspension. Serviced every 5,000km. Registered Dec. 2003. Only, 28,562km on clock. Duty not paid \$16,995ono. Contact 0244 509986 or 021233348 e-mail [Fiona.Hayward@fco.gov.uk](mailto:Fiona.Hayward@fco.gov.uk) (2)

## MISCELLAENOUS

**FOR RENT: BEACH HOUSE in Prampram.** One bedroom, bathroom with shower, lounge, kitchenette and large balcony, plus water and electricity. \$200 per month. If interested, call Amanda 024-431-0066 (2)

Yakima **BIKE RACK** that will fit any car with a standard factory roof rack. The rack will hold several bikes. If you are familiar with bike racks you know that Yakima are the most reliable racks money can buy. Price \$200. Call Jonathan at 0244-331-101 or e-mail [natalie\\_lorence@yahoo.com](mailto:natalie_lorence@yahoo.com) (2)

**Rare gem:** Upright Steinway piano - wheeled, rosewood cabinet, ivory keys - available for sale. Needs tuning. Valued at \$12,500. Will accept any reasonable offer. Contact 0208176666 or leave a name and number with Felicite at 021 782 464 (3)

**CO-CLO POSITION STILL OPEN  
FOR AMERICAN EMBASSY FAMILY  
MEMBERS ONLY!!!  
CALL Rich Marsh in Human Resources for  
more info.**

## Famous Quotes:

By the time the fool has learned the game, the players have dispersed.  
Ashanti Proverb

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| For Sale  | VEHICLES FOR SALE  | Liquid Bar and Restaurant  |
|---|--|--|
| <p><b>Dryper nappies</b> size XL (12kg+/26lbs+) 60 nappies per pack. 150,000 cedis. 6 packs available. Pampers Premium nappies size XL (13kg+) 42 nappies per pack. 150,000 cedis. 7 packs available. <b>To donate to a charity organisation:</b> Used kid's clothes (age 2-5years ) and toys/books. Please contact Joanne 0243169136</p> | <p><b>Nissan Sunny, 2000</b> - grey, e/c, c/c, rd/c, Full Service History \$10,000- Call 665052</p> <p><b>Audi A4 1.8T, 1997 Model</b>, - Brown Mettalic, CD, Alloy Wheels, Leather Seats, Sunroof, 1 Owner, Full Service History, Good Condition, \$7,000 Call Afua 66505</p>   | <p>Looking for the ideal place for that lunch meeting? Need to check your mail or read the latest news online? Visit the Liquid Bar and enjoy excellent meals, chilled drinks plus an ambient atmosphere while you browse the net for free. Guests are delighted to a classic mix of African and continental cuisines with many creative influences to suite even the most sophisticated palate. With an amazing selection of beers, wines, liqueurs, and cognacs the liquid Bar is the ideal place to relax and re-wind.</p> <p><b>Services:</b><br/>Monthly SME Clinic<br/>Get the right advice to kick start your business.<br/>Expert consultation on strategies, business plan, legal issues, accounting/finance and marketing every first week of the month.<br/>Contact the Frontdesk of busyinternet for more info.<br/><a href="mailto:Kodak@BusyInternet">Kodak@BusyInternet</a><br/>Now you can print your memorable pictures right at BusyInternet. Kodak has installed the new state of the art Kodak Picture Maker.<br/>Come to Booth # 1. It's fast and the quality is unrivaled.</p> <p>For more information about our services, visit <a href="http://www.busyinternet.com">www.busyinternet.com</a><br/>Call us on 021-258800 or email us <a href="mailto:info@busyinternet.com">info@busyinternet.com</a></p> |
| <p><b>FOR SALE</b> (Expat leaving)<br/>Living room furniture Office furniture Sony Television (34 ins) LG refrigerator G.E dryer Treadmill&amp; lots of other attractive household items. For more information, please contact Pushpa 021-271092 or 0244972174</p>  | <p><b>ANNOUNCEMENTS CONT.</b></p>  |  |
| <p><b>FOR SALE:</b> DST dual vieww system, EUR 300.00 available 1st week of October, Subscription paid till end of November. Call: Jef Haenen, 02443290 Jef Haenen 00233-21-785487/00233-244-329037</p>   | <p><b>The Caledonian Society of Ghana</b></p> <p><i>The Annual Chieftain's Ceilidh</i></p> <p><b>Saturday 23rd 2006</b></p> <p><b>At the Grasscutters Club</b></p> <p><b>From 7.30p.m. All welcome</b></p> <p><b>Come and enjoy a fish and chip supper while dancing the night away!!</b></p> <p><b>Tickets available during dancing practice</b></p> <p><b>in the Grasscutters club,</b></p> <p><b>on Tuesday 12 + 19<sup>th</sup> Sept. from 7.30pm</b></p> <p><b>or</b></p> <p><b>call 0244296027</b></p> |  |
| <p><b>GREAT FINDS!</b></p>  |  |  |
| <p><b>Quintessential Salon:</b><br/>Near Pippas Gym, Proprietress, Alice Vander-Staaj and Antoinette both wonderful for cuts and color. Tel 021 764508</p>  |  |  |